

Classes at Mary Immaculate

Mary Immaculate Hospital and Newport News Healthy Families Initiatives present BABIES a 12 week education program for child birthing mothers and their partners. Program include 10 weeks of prepared childbirth, parenting and nurturing classes. The last 2 weeks include safety and CPR classes. After the infant is 6 weeks old, infant massage classes are included as well. Free for residents of Newport News or if delivering at Mary Immaculate Hospital. Call 886-6700 for dates, times, and additional information.

Family Focus, a program of the Mary Immaculate Foundation, cordially invites Fort Eustis families to attend the following classes.

Nurturing Program for parents and children 1 to 4 years old. This nationally recognized parent education program teaches highly effective parenting techniques. Participants meet weekly and learn skills to improve family life. The program addresses topics like understanding and managing behaviors, setting boundaries and creating family rules, increasing self-esteem and emotional skills, handling your own stress and anger, problem solving and decision making, and more. Call Delores Price 886-6511 to register.

Beyond the Delivery and Infant Massage, Family Focus – Stoneybrook (Mondays) Family Focus – Grafton (Thursdays). Classes for infants ages newborn to 6 months offering you the opportunity to learn more about your exciting new role as parent. Call 886-6511/ 898-2945 for more information.

1-2-3-4 Parent! Parenting children age 1-4. A 3 session program that show you discipline methods that work, how to prevent problems such as tantrums, ways to build a loving bond with your child etc. from 7:00 to 9:00 P.M. at Mary Immaculate Hospital Physician Conference Room, 2 Bernardine Dr, Newport News. Call to register @ 886-6511 Delores Price or Joy Walters 871-0422.

Active Parenting of Teens, A survival guide for parents of preteens and teens... Thursdays from 7:00 to 9:00 P.M., To register call 886- 6511 or Joy Walters 871-0422.

Teen Parents Nurturing Support Group @ Mary Immaculate Hospital, Fridays 5 PM – 7 PM,
Childcare and meals, call 886-6511 or 886-6700

Raising Children in Trouble Times (Safety skills for Your Child) Family Focus-Stoneybrook. Call 886-6511.

Family Focus Playgroups Interactive parent and child playgroups for parents with children age 6wks – 3 years old. Stoneybrook/ Lee Hall : 833-3054/886-6511; Midtown Community Center: 886-6511; Grafton: 898-2945; Williamsburg: 566-9777.

The Positive Parent...Regaining custody, Free transportation and child care. Call 898-2945 for more information.

Cooperative Parenting & Divorce, A survival guide for co-parents and step-parents... Tuesdays from 7:00 to 9:00 P.M. @ Mary Immaculate Hospital Resource Center, Newport News. Call Delores Price 886-6511 or Joy Walters 871-0422 to register.

Increasing Intimacy in Your Relationship

- 1.** Emphasize the good in each other.
- 2.** Praise each other often.
- 3.** Take time to LISTEN. Listen to understand, not to judge. After listening, summarize your partner's comments, before you share your own.
- 4.** Be assertive. (Use "I" statements rather than "you" statements).
- 5.** When difficult issues arise, brainstorm solutions together, then evaluate them one by one. If this doesn't resolve the issue, seek counseling early when solutions are easier to find.
- 6.** Give your relationship the importance and attention you did when you first met.

Adapted from "Together Forever" provided by Aid Association for Lutherans.

MARRIAGE MAINTENANCE

Good marriages don't just happen – they are built and *rebuilt* with love and care over a lifetime.

COMMUNICATION TIPS:

Keys to a Healthy marriage:

- **Schedule a regular time to talk without interruptions or children.**
- **Use “I” Messages.**
Tell how you feel without blaming your partner. “I feel...”
- **Be Direct and Specific.**
Say what you mean. Don't expect your partner to be able to read your mind or guess what's bothering you.
- **Really Listen.**
Look at your partner. Try not to interrupt, jump to conclusions or defend yourself.
Rephrase what you hear back to your partner to make sure you heard correctly.
- **Compliment Each Other.**
Honestly and freely praise each other. Start with once a day and increase times to strengthen your relationship.

TIME OUT TECHNIQUE:

If you're angry and think you might lose control, try this technique. Used properly, it's guaranteed to prevent violence!

1. Say, “I'm really angry and I need to take a Time Out.
2. Leave for an hour. (Don't drink or drive – do something physical.)
3. Come back in an hour.
4. Talk about what made you angry.

WAYS TO:

FEED Your Relationship

- Take time for each other.
- Be understanding of each other's differences.
- Have a Date Night once a week
- Do little things to show your partner is special – leave love notes, wash the dishes, phone to say “hi”, take walks, etc.
- Be affectionate – kisses, hugs & touches – twice a day for starters
- Say “I Love You” often
- Clear up issues

STARVE Your Relationship

- Flirt with others
- Ignore each other
- Don't take an interest in your partner's life
- Withhold affection
- Be critical of each other
- Use sarcasm and make mean jokes about your partner
- Use Name calling and put-downs
- Building-up Resentment

Adapted from “What Women Want Men to Know” by Barbara De Angelies, PhD.

MARRIAGE SELF-TEST:

Are you being abused? Does your partner...

1. Threaten to hurt you or you children?
Yes No
2. Say it's your fault if he or she hits your, then promises it won't happen again (but it does)?
Yes No
3. Put you down in public or keep you from contacting family or friends?
Yes No

4. Throw you down, push, hit, choke, kick or slap you?
Yes No

5. Force you to have sex when you don't want to?
Yes No



**LOVE SHOULD NEVER HURT!
HELP IS AVAILABLE!**

MARITAL COUNSELING/COUPLES SUPPORT RESOURCES

Marriage Counseling:

- Family Life Chaplain (CH Jenkins), 878-5808
- Navy Fleet & Family Support Center, 878-4606
- TRI-CARE (family members; SM included at counselor discretion) 1-800-931-9501, Mental Health option
- Social Work Service, MACH, 314-7910 (Ft. Eustis); 422-7311 (Ft Story) space available, dual military priority
- United Way 1st Call (info/referral), 594-4636

PREP: Fighting for Your Marriage, Couples Communication, and other couples workshops

- Contact your Unit Chaplain or Chaplain Jenkins
- Navy Fleet & Family Support Center, 887-4606 for current Navy Listings

Anger Management:

- Social Work Service, MACH, 314-7910 (8-week skill-building group) **NOT** appropriate for situations involving domestic violence
- BEAMS & Changing Anger Patterns Support Group, Navy Fleet & Family Support Center. Active duty military. 887-4606
- Healthy Anger Management (5-week skill-building group), Langley AFB, 764-6840

Divorce Support Group:

- CH Jenkins, 878-5808

For more community resources, call ACS-FAP, 878-0901.

NO ONE DESERVES TO BE ABUSED!

CALL FOR HELP, INFORMATION, AND SUPPORT

Military Police: 878-4555

Social Work Services: 314-7910

(M-F 7:30-4:30)

(Command will be notified)

If you're being mistreated at home, call Transitions Family Violence Service for information, support, and personal assistance: 728-2638 (office hours) or 723-7774 (anytime). You have the choice of Amy Victim Services OR *totally confidential assistance*.

The best relationships are based on caring and...

- R** Respect each other's feelings, friends and opinions.
- E** Exercise your listening skills.
- S** Support each other's dreams.
- P** Practice sharing responsibility. Make family decisions together.
- E** Exhibit honesty & accountability.
- C** Compromise, rather than sacrifice.
- T** Treat each other as equals.